

S P E C I F I C

— MAKING A DIFFERENCE —



THE CIRCLE OF GOOD

Eat good | Look good | Feel good

Food Allergy Diary



Hypo-allergenic diets for healthy skin

Pets can suffer from a whole range of skin irritations and allergies that can make them miserable. That's why we've crafted a range of dermatological diets to get them feeling their best.

To be completed by the owner

Pet's Name
Owner's Name
Owner's Address
Owner's Tel
Male <input type="checkbox"/> Female <input type="checkbox"/>
Neutered Yes <input type="checkbox"/> No <input type="checkbox"/>
Breed
Date of Birth
Weight

To be completed by the practice

Veterinary Nurse
Veterinary Surgeon
Practice Name
Practice Tel



What is allergy?

If your pet licks or scratches its skin too much or shakes its ears in irritation or seems to be losing hairs on parts of the body, it might very well be allergic. Allergy is a very common problem for our dogs and cats and may cause itching, skin reddening, hair loss and skin and ear infections. Pets allergic to food may also vomit or have diarrhoea.

Basically allergy is a faulty overreaction by the immune system. The immune system normally protects the body against harmful bacteria and viruses, but in case of allergy it reacts to harmless particles (allergens).

The predisposition for allergy is probably genetic but exactly which allergen will cause problems to a cat or dog depends on its diet and environment. So beef or grass pollen allergy is not innate but may arise after a period with a diet containing beef or living near grass.

Allergies may worsen with time so the animal reacts to more and even to different types of allergens (e.g. both food and pollen).

An allergic cat or dog is hard to cure totally, but with the right measures it can be maintained without symptoms and live a long and healthy life.

A food intolerance is different to an allergy as it does not involve the immune system but may also be managed using a hypoallergenic diet.



What can be done? - Allergy and nutrition

The best way to overcome allergy symptoms is to avoid the causing allergens. This is not easy though as these are usually found in the food or environment of the allergic pet. Furthermore cats and dogs commonly suffer from several allergies at the same time (e.g. food allergy and atopy).

Skin problems can be caused by many things. Your vet will make a thorough examination of your pet and may perform various tests to make a diagnosis. Finding the exact causing allergen can be time consuming and you and your vet need to work closely together. A special food trial, blood samples, etc. may be required.

Medical treatment is often necessary, but care products (e.g. shampoos) and specially formulated "allergy diets" can be very helpful for managing the allergy in the long run.



ATOPY
FLEAS
DRY SKIN
FOOD ALLERGY
SKIN INFECTION
SENSITIVE SKIN

Allergies and different skin problems cause the skin of the pet to itch. By proper treatment and management with nutrition and care products the itch can be alleviated.

Diagnosis of food allergy

In order to make a correct diagnosis, it is important to take a complete history of your pets food.

It is important to record:

- 1 Everything your pet consumes by mouth – including the main food, treats, snacks, tit bits, nutritional supplements, oral medications.
- 2 The time all foods are consumed.
- 3 What clinical signs are observed and when they occur relative to eating the suspect food.

Please complete the chart below, detailing everything your pet has or would have in a normal week.

	Food	Treats	Human Food	Medication	Symptoms
Monday	AM				
	PM				
Tuesday	AM				
	PM				
Wednesday	AM				
	PM				
Thursday	AM				
	PM				
Friday	AM				
	PM				
Saturday	AM				
	PM				
Sunday	AM				
	PM				

Food Diary

Please complete the score charts and total your pets score in the box below.

My pet has been scratching/biting/licking more frequently

Not at all (Score 1) A little (Score 2) Quite a bit (Score 3) A lot (Score 4)

My pet has been losing more hair than usual

Not at all (Score 1) A little (Score 2) Quite a bit (Score 3) A lot (Score 4)

Is there any change in your pets behaviour or mood (more lazy/nervous/aggressive)?

Not at all (Score 1) A little (Score 2) Quite a bit (Score 3) A lot (Score 4)

Stool Chart

Score 1 <input type="checkbox"/>	Score 2 <input type="checkbox"/>	Score 3 <input type="checkbox"/>	Score 4 <input type="checkbox"/>	Score 5 <input type="checkbox"/>	Score 6 <input type="checkbox"/>	Score 7 <input type="checkbox"/>
Very dry hard faeces. May be light and gritty. No moist patch.	Firm segmented motions – dry, no moist patch.	Firm with a moist appearance. Leaves a moist patch.	Well-formed but slightly soft. Leaves a moist patch.	Loose stool. Wet when freshly passed. Leaves a wet patch.	Very loose stool with almost no solid form.	Severe watery diarrhoea.

Total Score



How will my vet diagnose?

Blood tests for dietary allergy

Blood tests measure the amount of an immunoglobulin (antibodies) in the blood. These antibodies are produced by the animal's immune system in response to exposure to "foreign" proteins or allergens. Whilst high concentrations might be present in the blood it does not prove that clinical signs e.g. an animal's skin disease, is caused by that food. These blood tests can be unreliable and can give false positive or false negative results.

Elimination trial

A much more reliable form of diagnosis for food allergy is an "elimination trial". During a period of 6-10 weeks your pet will be fed with an elimination diet composed of raw materials to which your pet has not been exposed before. If your pet suffers from a food allergy, their symptoms will disappear while being on the elimination diet and will relapse when your pet is switched back to its normal food.

DO

- ✓ Feed the elimination diet **EXCLUSIVELY** for 6-12 weeks as advised by your vet
- ✓ Feed only the diet recommended by your vet or vet nurse
- ✓ Feed your pet in a separate room from other pets in your household
- ✓ Wash all food bowls and utensils used before every meal
- ✓ Wash your hands before handling the diet
- ✓ Keep the food in the original packaging, ensuring bag is sealed after each meal

DON'T

- ✗ Give any treats, snacks, tit bits or left overs
- ✗ Give any flavoured medication, supplements or toothpaste
- ✗ Allow friends or neighbours to feed your pet treats or tit bits

What diet should I use?

A suitable elimination diet is one formulated with the following characteristics:

- 1 Contains a limited number of protein sources
- 2 May contain novel proteins that your pet has not been exposed to beforehand
- 3 May contain hydrolysed proteins – when proteins are hydrolysed they are broken down into smaller pieces (peptide chains) which the body does not recognise as an allergen.
- 4 Is complete and balanced
- 5 Has undergone controlled clinical trials in animals with confirmed dietary allergy
- 6 Diet selection should be made on sound evidence-based clinical nutrition principles

The SPECIFIC™ range from Dechra offers specialised scientifically based therapeutic diets for cats and dogs to support skin function and health, maintain a balanced skin flora and for the management of underlying causes.

Dechra also have hypoallergenic treats for dogs.



	AM	PM	Date:
Food consumed			
Medication			
Any other foods/items			
My pet has been scratching/biting/licking more frequently			
Not at all (Score 1) <input type="checkbox"/> A little (Score 2) <input type="checkbox"/> Quite a bit (Score 3) <input type="checkbox"/> A lot (Score 4) <input type="checkbox"/>			
My pet has been losing more hair than usual			
Not at all (Score 1) <input type="checkbox"/> A little (Score 2) <input type="checkbox"/> Quite a bit (Score 3) <input type="checkbox"/> A lot (Score 4) <input type="checkbox"/>			
Is there any change in your pets behaviour or mood (more lazy/nervous/aggressive)?			
Not at all (Score 1) <input type="checkbox"/> A little (Score 2) <input type="checkbox"/> Quite a bit (Score 3) <input type="checkbox"/> A lot (Score 4) <input type="checkbox"/>			
Stool Score			
1 2 3 4 5 6 7			
			Total Score:

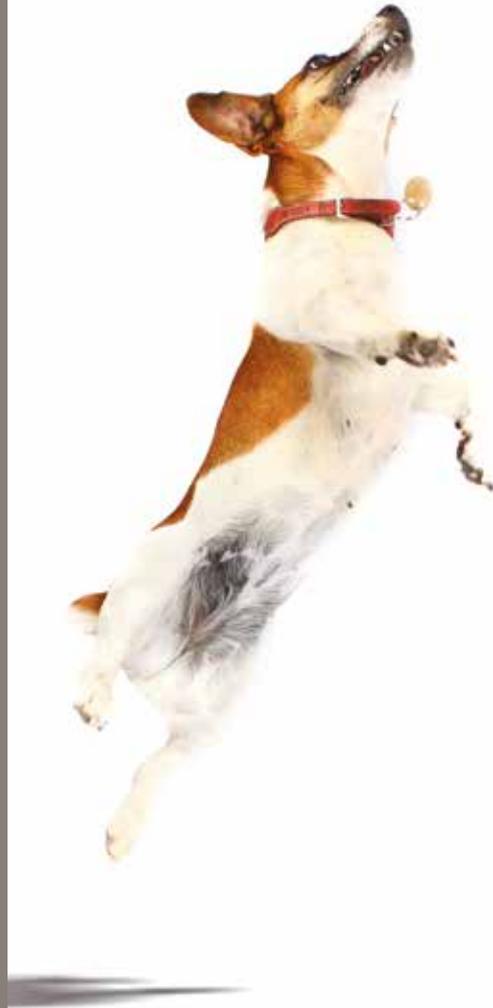
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Stool Score			
1 2 3 4 5 6 7			
			Total Score:

How will I know if the trial has worked?

- No clinical improvement after 6 weeks – **UNLIKELY TO HAVE DIETARY ALLERGY**
- If a significant improvement in clinical signs is observed – dietary allergy is likely
- **RECHALLENGE WITH ORIGINAL DIET** - If allergy present, clinical signs should get worse (can be immediate to 2 weeks after rechallenge) in which case reintroduce elimination diet and signs should resolve again supporting the diagnosis
- If a partial response is obtained continue with elimination diet for a further 6 weeks (so it will be fed for a total of up to 12 weeks):
 - If still only a partial response there is probably another issue involved (e.g. fleas, atopy) but **RECHALLENGE WITH ORIGINAL DIET** – If signs get worse this suggests there is a dietary component to the animals condition
- In patients with chronic otitis externa associated with dietary allergy a much longer period of management with diet (up to 6 months) may be needed before clinical signs abate



Challenge Back

Your vet may ask you to re-challenge your pet with their original food. The challenge back should provoke some of the original symptoms. If this is the case we can return to the hypoallergenic diet for long-term management.

Please complete score below after challenge back (it may take up to 2 weeks to see a reaction).

Date:

My pet has been scratching/biting/licking more frequently

Not at all (Score 1) A little (Score 2) Quite a bit (Score 3) A lot (Score 4)

My pet has been losing more hair than usual

Not at all (Score 1) A little (Score 2) Quite a bit (Score 3) A lot (Score 4)

Is there any change in your pets behaviour or mood (more lazy/nervous/aggressive)?

Not at all (Score 1) A little (Score 2) Quite a bit (Score 3) A lot (Score 4)

Stool Score

1 2 3 4 5 6 7

Total Score

Longterm management

Allergy management requires lifelong support. Your vet recommends the following for long term management. It is important to continue with the prescription diet and regime, as well as regular check-ups with your vet to prevent reoccurrence of symptoms.

Food recommended:

Food amount per day:

Name	Dose	Special instructions	Medication	



BUY ONE, GET ONE FREE

Now your pet has completed the elimination trial, your vet will recommend a long term diet. This voucher entitles you to a buy one get one free.



Authorised by

Signed

(Vet/Vet Nurse)

On first purchase only • invalid if altered or copied • no cash alternative and not transferable • must be redeemed within 6 months of date on first progress report • pet must have completed the full elimination trial • free of charge food must be the same size as purchased food



CIRCLE *of* GOOD

To find out more about the Circle of Good visit our website at
www.specific-diets.com




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